



**How much information did you digest?**

<u>Behavior Modification</u>	<u>My Pyramid</u>	<u>Physical Activity</u>	<u>Potluck</u>
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>



# Behavior Modification - 100

**Which of the following is not an effective reward for achieving a goal?**

- **Movie**
- **Music CD**
- **BBQ Sandwich**
- **An afternoon off from work**



# Behavior Modification - 200

People who are successful at managing their weight, set effective goals which are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

1. Specific
2. Realistic
3. Forgiving



# Behavior Modification - 300

**What single action can one implement to avoid social cues that encourage undesired behaviors?**

- 1. Avoid / eliminate the cue**
- 2. Change the environment**
- 3. Separate the association of eating from the cue**



# Behavior Modification - 400

**Approximately how many minutes does it take for the brain to receive the message that you are full?**

**20 minutes**



# Behavior Modification - 500

**What one thing can you do to help yourself eat less and not feel deprived?**

- 1. Eat slowly**
- 2. Use small plates**
- 3. Drink more non-caloric beverages**



# MyPyramid - 100

**How many food groups does MyPyramid have?**

- 5





# MyPyramid - 200

**Name one leader nutrient in the Milk Group**

- Calcium
- Potassium
- Vitamin D



# MyPyramid - 300

## What is considered 1 cup equivalent from the Fruit Group

- 1 medium fruit
- 1 c fruit juice
- 1/2c dried fruit
- 1 c sliced or cooked



# MyPyramid - 400

**What other foods are included in the Meat & Bean Group?**

- Fish
- Poultry
- Nuts
- Seeds



# MyPyramid - 500

**MyPyramid recommends you make \_\_\_\_\_ of your grains whole.**

- 1/2 of your grains



# Physical Activity - 100

**To reduce the risk of chronic disease, one must exercise \_\_\_\_\_ minutes per day?**

- 30



# Physical Activity - 200

**To manage body weight, it is recommended that one exercises at least \_\_\_\_\_ minutes per day.**

- 60



# Physical Activity - 300

To sustain weight loss, it is recommended that one exercises \_\_\_\_\_ minutes per day.

- 60 - 90



# Physical Activity - 400

**What three types of exercises are recommended as part of a routine physical activity?**

- Cardiovascular
- Stretching
- Resistance





# Physical Activity - 500

**How many days of moderate – intense physical activity is recommended daily?**

- Preferably, everyday of the week



# Potluck - 100

**What percent of the current U.S. population is either overweight or obese?**

- 65%



# Potluck - 200

**A person with a BMI of 30 or greater is considered overweight?**

- False



# Potluck - 300

**Name 2 risk factors associated with obesity?**

- HBP, High Cholesterol, DM, Stroke, Early Mortality, Gallbladder disease...



# Potluck - 400

**Name a lifestyle that must be assessed before a weight loss plan can be created.**

- Meal pattern; Types of Food; Amount of Food; Eating Behavior; Inactivity



# Potluck - 500

Weight management is considered successful when one re-gains less than \_\_\_\_\_ pounds in \_\_\_\_\_ years and a sustained lowered waist circumference reduction of at least \_\_\_\_\_ inches.

- 7 pounds; 2 years; 2 inches

